Your AI-Generated Schedule

Variable	Name of Exposure	Categories	Goal Name	Criteria	Classification measure
Workout Frequency	Exercise Schedule	Daily; 3x/week; 2x/week; 1x/week; <1x/week	Fitness Improvement	Adherence to plan	Number of workouts completed
Workout Duration	Exercise Schedule	<30 mins; 30-60 mins; 60-90 mins; >90 mins	Fitness Improvement	Time spent exercising	Average workout duration
Workout Type	Exercise Schedule	Cardio; Strength Training; Flexibility; Combination	Fitness Improvement	Type of exercise performed	Percentage of each workout type
Diet Adherence	Dietary Intake	Strict adherence; Moderate adherence; Poor adherence	Healthy Eating	Following prescribed diet	Percentage of days following diet
Sleep Duration	Sleep Schedule	<6 hours; 6-7 hours; 7-8 hours; >8 hours	Sleep Hygiene	Hours of sleep per night	Average sleep duration
Hydration Levels	Water Intake	<2 liters; 2-3 liters; >3 liters	Hydration	Water consumption	Average daily water intake
Stress Levels	Stress Management	Low; Moderate; High	Stress Reduction	Perceived stress levels	Stress score (questionnaire)
Rest & Recovery	Recovery Strategies	None; Adequate; Insufficient	Injury Prevention	Rest and recovery practices	Self-reported recovery status